

Woman's Page

How to Fight the High Cost of Living

Economies in the Home—Family of Four Save \$50 Per Month on \$115 Salary—Six Rules For Saving the Monthly Stipend—How Careful Planning Counts at the End of Each Month and Substantial Savings Are Made—New Recipes.

SOME ECONOMIES.

Editor Standard Woman's Page: Our family consists of four persons. My husband, myself and two boys. Our salary is \$115. Out of this we try to save \$50 each month. Rent, groceries, meat, light, and water average about \$50, sometimes a little more. The extra \$15 we use for incidentals and clothes. Living in an expensive town, this saving of \$50 means careful planning. Partly worn shirts are used for little aprons or boys' waists. Worn white lingerie waists are used for corset covers. Our worn underwear is made into underwear for the boys. Suits are made over into knickerbockers and Russian suits. Heavy stockings appear later as underpants for the small boy. Sugar socks make lunch cloths. Old tablecloths make every day napkins. Discarded house dresses are used for aprons or undershirts. Wool socks are cut and sewed into play mittens. Boys' worn waists, cut out and bound around neck and sleeves, make excellent underwaists. In food, root vegetables, beans, split peas, rice, macaroni and balling meats are used rather than canned goods, expensive steaks, and roasts.

SIX RULES.

Editor Standard Woman's Page: The following are several rules which I have observed in fighting the cost of living: Do not pay high rent. Do your own work if possible. Plan your meals carefully so that they may be appetizing without being expensive. Do not yield to any extravagant impulses. Take care of the pennies. Pay cash for everything. Do not entertain at great expense. A simple light luncheon will be appreciated quite as much as if expensive foodstuff had been used. Use good judgment in buying clothes and food, and remember always quality, not quantity. These rules, carefully adhered to, have helped us immensely in these expensive days.

MANNERISMS TO BE AVOIDED.

So many women have habits that are unbecoming. They do not come from any nervous condition, but they cause a nervous condition eventually if not cured in time. One mannerism which so many women affect and which at once stamps them as being affected as posers, is the absurd habit of shrugging, or lifting their shoulders by way of punctuating their remarks. This mannerism makes a person look foolish. Besides, it causes ugly lines on the neck and shoulders. If you have contracted this foolish habit you can learn it only by persistent effort. You must exercise your will power and stop it. Another important point in endeavoring to acquire that age destroyer—poise—is to remember when you really do have to hurry to learn to hurry with your muscles instead of

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PLEATED RUSSIAN BLOUSE.

Although this costume appears to be a separate blouse and skirt, it really is a one-piece dress and is

typical of a large class of the new dresses. The skirt is a plain one-piece serge draped in front and left open for several inches above the hem. The blouse is of Nell rose silk crepe, pleated and tightly pressed, but not stitched, except three rows across the pleats on the shoulders and sleeves. The girdle, cuffs, buttons and loops are of gold colored crepe and gold lace is used for the collar.

QUICK ACTION PLEASES ALL OGDEN

Everybody in Ogden who has tried it for bowel and stomach trouble, is more than pleased with the QUICK action of simple buckthorn bark, glycerine, etc., as mixed in Adler-I-ka. JUST A SINGLE DOSE usually relieves sour stomach, gas on the stomach and constipation QUICKLY. Those who have been using the more ordinary bowel and stomach remedies say that Adler-I-ka is a big surprise. A. R. McIntyre, druggist, 2421 Washington Ave. (Advertisement.)

Labor Notes

Colored ship carpenters at Savannah have organized.

The recently founded Ship Officers' union of Great Britain is progressing. The members demand better payment and accommodations, payment of overtime and the introduction of three watches at sea, etc.

The seamen's bill abolishing involuntary servitude and setting a standard of efficiency for crews of American ships may be enacted into law at the present session of congress. Galesburg, Ill. street railway is now a thoroughly union one, every man employed by the company, including powerhouse employees, trackmen, teamsters and linemen, being a member of Division 515.

Walter MacArthur, editor of the Coast Seamen's Journal, San Francisco, has been appointed as United States shipping commissioner at San Francisco, at \$4000 per annum. The appointment is effective on June 1. Believing the union members should be consistent in all respects, the St. Paul Union Label league has gone on record to the effect that union musicians playing at union functions shall have union-made instruments. At the next trades union congress in Great Britain a movement will be inaugurated for the establishment of a trades union bank on co-operative lines, and the projectors have no doubt that the enterprise will take definite shape.

The provincial conference of the Brotherhood of Carpenters, at Toronto, has decided to submit a vote of the unions in Ontario to the question of organizing a state council similar to the councils in the different states of the United States.

The secretary of the Missouri State Federation of Labor was instructed to bring about the prosecution of a man who, a legislator alleged, had offered him \$1000 to obtain the veto of a bill providing for an eight-hour law for glassblowers.

La Cross, Wis., ice dealers will employ union men exclusively. Under the terms of the new agreement the ice-delivering season will be lengthened one month and the scale of wages increased \$2.50 per month.

The painters' wage board in New South Wales, Australia, has concluded that the working time of forty-eight hours weekly may not be exceeded, and that the minimum hourly wage of 34 cents (37 cents for sign writers) must be adhered to.

Sweden has two well-equipped agricultural colleges and 32 agricultural high schools. In addition there are some 17 lower schools of agriculture, a large dairy school, a school of forestry and another of horticulture.

Because the Oklahoma legislature repealed the "mine row law," the headquarters of district No. 21, United States Workers of America, composed of Texas, Oklahoma, Arkansas, Kansas and Missouri, will be removed to Fort Worth, Tex.

The state wages board system of Australia is in the melting pot, and pulvory arbitration having been rendered nugatory by a series of strikes, which had commenced despite the agreements and awards of the wages boards and the penal clauses of the arbitration act.

In England the Shoemakers' union last year increased its membership from 32,928 to 41,440 and its funds to \$775,000. For unemployment support last year \$16,500 was expended, for sickness \$27,000 and for fines for breaches of tariff agreements by strikes \$400.

There are 15,000 cases of tuberculosis in our penitentiaries. These pest houses send out annually 7,000,000 pairs of shoes of every description, 21,000,000 pairs of stockings, 10,000,000 pairs of stockings, 2,000,000 of overalls, 1,000,000 pairs of trousers, 4,000,000 shirts and half a million petticoats.

Since the last annual gathering of the Georgia Federation of Labor, one year ago in Waycross, when twenty-three affiliations—the largest ever known in the entire south for one year—were enrolled, fifty additional affiliations have been added.

The National Women's Trade Union league has sent out a call for the 1913 convention, which will be held in St. Louis, beginning Monday, June 1. This will be the third biennial convention of the league and the tenth anniversary of the organization.

In Brussels, Belgium, lately an international conference of the "Christian" Provision Foodstuffs Workers' union took place, in which representatives from Belgium, Holland, France and Spain took part. It was decided to fight against night work and to form an international "Christian" federation with the executive in Belgium.

The annual report of the Colorado state labor department throws much light on the activities of the labor department of the state. In the state free employment offices it is shown that in the three cities where these offices are located, Denver, Colorado Springs and Pueblo, 30,787 jobs were secured for the job seekers free of any cost, of which 21,852 were for men and 9135 for women, being an average of 15,394 per year, 1911-1912.

A German firm that manufactures optical goods on a large scale has established for its employees a volkshaus, or people's house, which contains a well-equipped library, reading rooms, a literary museum, a museum of physics, a school of arts and crafts, an assembly hall capable of seating 1500 people, a smaller hall for lectures, an art collection, music room, etc.

European Dancer Goes Back Disgusted



La Napierkowska, the European dancer, who has interested many persons in New York who love that kind of dancing, has gone back to Paris disgusted with the people of the United States. Madame did not have sufficient clothing during her dance at a New York theater to satisfy the bluecoat who saw her. She was hauled off to court. But there a magistrate who had a greater eye than the bluecoat for the artistic let her go. The feelings of the dancer, however, were so badly hurt that she at once announced that she would no longer dance for the Americans. The humiliation for an "artist" to be dragged into court on such a charge was more than she could stand.

TOWN IS BORN ON

AMARGOSA DESERT
Los Angeles, May 11.—With Industrial Agent White and General Freight Agent Sloan of the Salt Lake Route, and General Superintendent Grace and General Agent Miner of the Las Vegas & Tonopah, as godfathers, there was born to the Amargosa desert, of southwestern Nevada, a new town, called Carrara, after the father. At the last report the new town sported twenty houses and was doing well.

The new town was officially christened by General Superintendent Grace of the Las Vegas & Tonopah, opening a cock that connected the Carrara Marble company's pumping plant with the fountain in the middle of the town's public square, and a stream of water shot skyward.

FAMOUS FOR BEAUTY OF HER HAIR

Mrs. Esther Emery Has Hair Which Reaches to Her Knees. Was Once Threatened with Baldness. Tells How She Made New Hair Grow.

"People say I have the most beautiful hair in the world," says Mrs. Esther Emery, now visiting in the city. "I don't know about that, but certainly I am proud of my hair. It has grown so in just twelve short months 'til now it reaches my knees. Last year it was anything but beautiful. I thought I was growing bald. A year ago my hair was thin and scraggly and coming out at an alarming rate. Little bald spots appeared all over my scalp, which was covered with dandruff and itched like fury all the time. I cannot tell you how many hair tonics I tried to save my hair and make it grow again. Some of them helped by taking out the dandruff for a while, but it came right back again and my hair grew thinner than ever.

"My success is no secret and I think that any man or woman can do the same with their hair if they will persevere as I have done. A friend, knowing my condition, sent me a clipping from the New York Herald which advised people who were growing bald to use a prescription consisting of 6 oz. Bay Rum, 2 oz. Lavona (de Compose) and 1/2 dr of Menthol Crystals. I got these things from my druggist and mixed them myself. I allowed the preparation to stand several hours before using. Then I applied it each night and morning, rubbing right into my scalp with the finger tips till the skin fairly glowed. The results were immediate. When I combed my hair next morning only a few straggling hairs came away instead of the handful I was accustomed to gather. The dandruff left me this time for good, for I have never seen a speck on my head since. In less than a week my little hairs appeared all over my scalp and these grew so rapidly that soon I looked like a different woman. They have kept right on growing until they are as you see them now. A physician has told me that Lavona South American shrub that possesses marvelous qualities for forcing a growth of hair and certainly after my own experience I can well believe it. Did I use more than the first treatment? Oh, certainly I am using it today. I go to any drug store and have 8 oz. put up at a time. It lasts about a month and costs very little. I'm not going to stop anyway until my hair reaches the floor."

WEATHER FORECAST

Salt Lake City: Fair Monday and Tuesday. Comparative weather data at Salt Lake City May 11, 1913: Highest temperature today, 67 degrees; highest in this month since 1874, 92; lowest last night, 52; lowest in this month since 1874, 25; mean temperature for today, 60 degrees; normal, 56 degrees; accumulated excess since the first of the month, 26 degrees; accumulated deficiency since January 1, 115 degrees. Relative humidity at 6 a. m. today, 52 per cent; relative humidity at 6 p. m. today, 41 per cent. Total precipitation for the twenty-four hours ending at 6 p. m., 0; total for this month to date, .02 of an inch.

SELLS-FLOTO CIRCUS

OGDEN, MONDAY 19th
(14th Annual Engagement) TOPHEAVY WITH THRILLERS



25 CENTS TO SEE IT ALL

And It's All Circus. 2 Performances at 2 and 8 p. m. Parade at 10:30 a. m.

accumulated deficiency for this month to date, .76 of an inch; total precipitation since January 1 to date, 6.95 inches; accumulated deficiency since January 1, 1.18 inches. Sun rises at 5:13 and sets at 7:36, May 12, 1913.

	Temperature	6 p. m. High Low
Salt Lake	64	67 52
Boise	62	64 42
Chicago	50	52 42
Cheyenne	66	72 40
Denver	74	74 44
Helena	56	58 48
Jacksonville	66	74 62
Kansas City	62	62 44
Los Angeles	70	76 54
New Orleans	70	88 68
New York	50	54 36
Oklahoma	78	82 60
Pocatello	62	62 46
St. Louis	62	66 44
San Francisco	58	62 32
Washington	52	58 38
Winnemucca	60	66 32

Washington, May 11.—Unseasonably high temperatures are not expected to prevail the coming week over any portion of the country according to the weekly weather bureau bulletin issued today. In the Plateau region and the extreme northwest, it will be cooler by Monday night with frost in the latter section, and by the middle of the week it will cool in the plains states, the upper Mississippi Valley and the upper lake region.

Showers will occur early in the week over the northwest Central West.

ESSAYS ON MOTHER BY THE CHILDREN

The wonderful theories in regard to the subject of "Mother," the theme of the Mother's day essays in the public schools have furnished not a little entertainment to the committee of clubwomen in Salt Lake. There were, however, many original ideas, and some of them were expressed in rather unusual form, as shown by the following few specimens called to hazard from the many essays submitted.

"Mothers are a necessity."

"Mothers were the first ones that brought us into the world."

"In doing the wrong thing if we would just take our mothers' advice we would always be right."

"One mother and one only, is the most anyone can have."

"A boy without a mother is like a ship without a rudder."

"Mothers generally suggest the things people become famous for doing."

"A mother is a female parent."

"The cause of the Balkan war in Asia is the matter of women."

"I love my mother better than anyone else in the world except my father."

"A mother has to slave for her children for about twelve or fourteen years before she realizes any help."

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RELIEF FOR THE FLOOD SUFFERERS

Washington, May 12.—Congress soon will be called upon to pay a bill of nearly \$1,000,000 for food, clothing, shelter and medical service supplied by the army and navy to the flood sufferers in the Ohio and Mississippi valleys recently.

Secretary Garrison is preparing a deficiency estimate which must be allowed during the present session as the army funds have been so depleted that unless they are reimbursed the entire military service will be tied up until July 1.

Springfield, Mass., Bricklayers' Union has succeeded in securing an increased wage. The increase is five cents an hour, making the present scale 65 cents.

The Story of America in Pictures

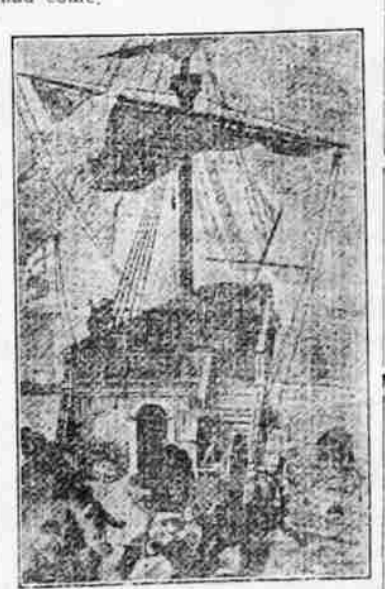
The Discoverers

"Learn One Thing Every Day"

No. 1. CHRISTOPHER COLUMBUS

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On a certain day in February, 1492, there rode along the narrow pass at the foot of Mount Elvira, a few miles from Granada in Spain, a man with his head bowed low over his breast. The little mule he was riding stumbled along wearily. Suddenly behind him he heard the noise of swiftly galloping hoofs. Still he did not raise his head. But when the single burrowing horseman drew alongside at last and slowed down, the rider of the mule looked up to see who it was. There followed a hurried conversation of few words, and then the man on the mule, his eyes beaming, his face alight with hope and pride, and his head erect, turned quickly his jaded beast, and together with the man on horseback who had followed him, rode back the way he had come.



The man on the mule was Christopher Columbus, and the one who caught up to him was a messenger sent by King Ferdinand of Spain to tell him that at last, after seven long years of weary waiting and pleading of his cause, his requests were to be granted. He was to be made commander of an expedition that was to attempt to discover a new and shorter way to Asia, India, and the magic East. Only that very morning Columbus, tired of waiting around the Court of Spain, had set forth intending to present his cause to France, with the hope that he might get aid there to pursue the great enterprise he had in view.

This man, Columbus, or Colombo, as his name is spelled in Italian, was born at Genoa, Italy, somewhere about 1445 or 1451. It was probably about 1474 that he first conceived the idea of discovering a new route to Asia. For the next ten years he made proposals of discovery to many of the governments of Europe; but none would listen to him. Finally, after he had almost given up hope, Spain agreed to aid him.

On Friday, August 3, 1492, Columbus set sail in command of three little ships, the Santa Maria, the Pinta, and the Nina, the largest of which, the Santa Maria, was only ninety feet long. On the twelfth of October of the same year land was seen, and Columbus landed on one of the Bahama islands, formally taking possession in the name of King Ferdinand of Spain.

Columbus returned to Spain in March, 1493, and his journey through the country to Barcelona was a triumphant march. In September of that year he sailed again and discovered the Windward Islands, Jamaica, and Porto Rico. He founded a colony and returned to Spain. On his third voyage he discovered the Orinoco. Then he was accused on false charges by men who were envious and jealous of him, and he and his brother Bartholomew were taken back to Spain in chains. The captain of the ship on which he was brought back offered to remove the chains; but Columbus answered, "No, I will wear them as a memento of the gratitude of princes." On reaching Spain, however, he was quickly freed.

His fourth voyage was to explore the Gulf of Mexico; but he was taken sick at San Lucar and lay there for several months. Broken in body and spirit he returned to Spain and died at Valladolid on May 9, 1506. The house in which he died bears a small tablet which reads simply, "Here died Columbus."

Every day a different human interest story will appear in the Standard. You can get a beautiful intaglio reproduction of the above picture, with five others, equally attractive, 7x12 inches in size, with this week's "Mentor." In "The Mentor" a well known authority covers the subject of the pictures and stories of the week. Readers of the Standard and the Mentor will know art, literature, history, science, travel, and own exquisite pictures. On sale at Spargo's Book Store. Price ten cents.

Jesse Knight's "Spring Canyon Coal"

This is the first time this "Best of Good Coal" has been on the market here in Ogden.

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A good, clean Wyoming coal at the following prices: Lump, \$5.00. Nut, \$4.50. Delivered.

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